

CORY'S “NO TIME TO WORKOUT”

STRENGTH TRAINING WORKOUT

I GET IT DAD, YOU ARE BUSY.

Working, taking care of the kids, tending to your wife. It doesn't leave time for Number One.

But guess what? If you aren't in shape, you aren't as useful to your family. And if you get sick because you don't take care of yourself, you move from merely “not useful” to “burden.” Don't do that. And if you want to make excuses about how little time you have, too bad.

In my day job as a clinical pharmacist, I have heard literally every one. So I'll give you a workout with literally no excuses.

You can do it a gym. You can do it at home. You can do it at a park while your kids play.

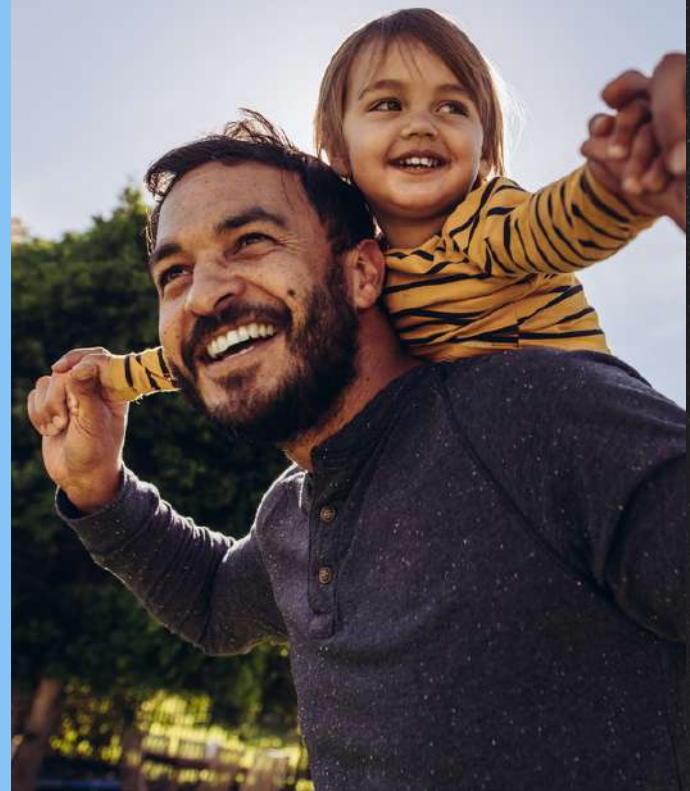
I have been doing a version of this since about 2020, and have gained a couple pounds of muscle, according to a DEXA scan—just wanted to prove I'm full of it, muscle that is. Not crap.

It's based on a few books I love in the exercise space: *Body by Science* by Doug McGuff and John Little, *15 Minutes to Fitness* by Ben Bocchicchio, and *The P:E: Diet* by Ted Naiman and William Shewfelt.

15 MIN 2X / WEEK

All I need from you, busy dad, is 15 minutes twice a week, to build some muscle. Now, that doesn't give you license to eat like crap and sit on your rear the other 10,050 minutes. You still need to move.

Maybe it means walking, running, biking, or, here's a concept, running around with your kids.



GO SLOW

The basic concept with each exercise is to go slow. Like, super slow motion slow, picking a weight or elastic band tension that gets you tired in 60-90 seconds.

Do one set of each exercise to failure. That's it!

Spread the days out to give you 3-4 days of rest in between.

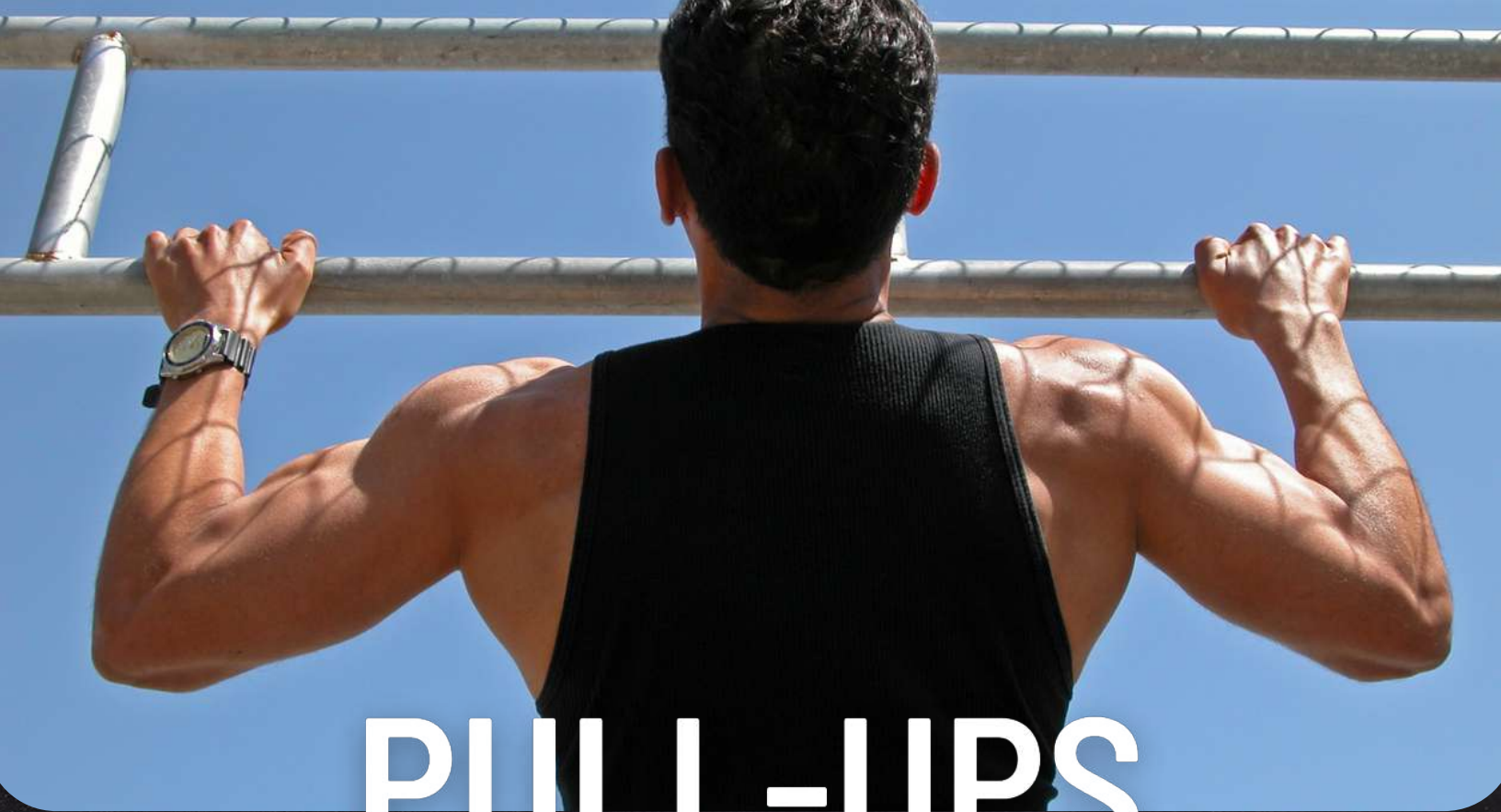


PUSH-UPS

Get in a pushup position, and go down/up in slow motion. If you are doing it right, it should make you tired by 90 seconds.

On my best day, after doing these for years, I have gotten 2 minutes.

If you want to add on, rest 30 seconds, do a set of diamond pushup at a normal pace to failure, rest 30 seconds, then do a set of regular pushups at regular pace to failure.



PULL-UPS

Much like the pushup, grab a pullup bar, and go slowly up and down.

My max on this has been 1 minute and 10 seconds, again, after years of training.

As a bonus, do a set of regular pace wide grip, followed by a set of regular pace chin ups



SQUATS

Here, you can choose your own adventure!

If you have a squat rack, you can do a set of super slow squats with a weight that gets you to that 60-90 second mark.

If it's just body weight, you can try one-legged squats at a slow pace.

If you want to up the cardiovascular intensity, do 3 sets of jump squats to failure.

If you have knee/leg issues, try a wall sit at a height that doesn't cause any discomfort to failure

A man in a black t-shirt is performing an overhead shoulder press with two dumbbells in a gym. He is looking to the side with a focused expression. The background shows gym equipment like a bench and a rack.

OVERHEAD SHOULDER PRESS

My recommendation is to start with a light weight, especially if you have any history of shoulder problems, and go slowly starting even with your ears to an overhead position and back down.

OVERHEAD SHOULDER PRESS



TRICEP DIPS

Think you don't have the right equipment? Guess what? You got a chair right!

Face away from your chair or bench, put your hands on firmly, and lower yourself and bring yourself up slowly

TRICEP DIPS



CURLS

“The pool is that way,” which is going to be a much cooler lame dad joke when you are able to flex and actually have a bicep to show off.

Start with the weights by your sides, and slowly raise/lower until unable to continue.

CURLS

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THAT'S IT!

That's it! No, really, that is the minimum effective dose of strength training to get you started.

If you love working out, and have more time, then go for it!

But if you've been making excuses about not having time, shut your face and get this done.

You have 15 minutes twice a week.

BE REAL, YOU'VE SAT ON THE TOILET LONGER THAN THAT SCROLLING INSTAGRAM.

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